

St.Francis Xavier's College

2016-2017

Physical Education

Course Outline

Form Three

Term One

	Topic / Main Theme
1	Body Measurement
2	Athletics
3	Fitness
4	Basketball

Mode of assessment and weighting

Method of Assessment	Athletics (Practical /Skill Assessment)	Fitness Test	Basketball
Weighting	50%	25%	25%

Term Two

	Topic / Main Theme
1	Hockey
2	Volleyball
3	Football
4	Rugby/ Fitness
5	Tchoukball

Mode of assessment and weighting

Method of Assessment	Hockey	Volleyball	Fitness	Football	Tchoukball
Weighting	20%	20%	20%	20%	20%